

## PERSONAL GOALS 2018 – JACK DALY

THEME: Life balance is a priority, continuing to “make a difference” as a professional speaker and CEO Coach, while enjoying more home life in southern California. Physical fitness, while having fun (Bucket List) and world travel is part of such balance.

### A. FAMILY

1. Melissa family
2. Adam family
3. Extended family

### B. HEALTH

1. Weight (or less) by quarter: 180- 177- 175- 175 (1)
2. No wine unless <182 lbs (4 free days per month). Wine days to be less than workout days annually.
3. Workouts 4-5 times per week/ 250 year.
4. Marathons: 50 states completed/96 total; marathon all continents; 100 overall total goal. Continents to be completed in May; 50 states to be completed in April.
  - a. DC – March
  - b. Charlottesville – April
  - c. Cape May, NJ – April (That’s 50 states!!)
  - d. Great Wall China – May (That’s all continents!!)
  - e. Berlin, Germany – Sept (will be 4 of the world’s Big Six)
  - f. Catalina Island ECO Marathon – November
  - g. Others as present selves on calendar
5. Triathlons: Not of emphasis this year. As calendar presents opportunity
6. Swim yards 72,000 / 24 hours / 2 hours month
7. Run 700 miles / 132 hours / 11 hours month
8. Bike 2000 miles / 120 hours / 10 hours month
9. Bike stationary 500 miles / 36 hours / 3 hours month
10. Strength/weights 96 year / 8 month
11. Rowing 48 hours / 4 hours month
12. Blood platelets donations / 5 year
13. Doctors: Medical Jan and July; Dentist 3x year; eyes summer; skin May
14. Floss daily
15. Water half gallon daily
16. Sleep hours 6 nightly

### C. QUALITY OF LIFE / TRAVEL / VACATIONS

1. Ireland – January
2. Maui – February
3. China – May
4. Cape May Family Reunion – May
5. Australia – July
6. Asia – August
7. Grand Canyon – September

D. VISITS WITH THE YOUNG FAMILY

1. March – DC
2. April – Cville
3. May – Cape May
4. Various – Open opportunities
5. December – Cville
6. OPEN – Long weekend with the Grandsons

E. Golf Top 100 : 93 to date, target goal of 97

F. Rejoin golf club; play 50 rounds

G. EVENTS / BUCKET LIST

1. Ireland
2. Maui
3. Super Bowl if Eagles in
4. China tours / Great Wall
5. Climb to Big Buddha – Hong Kong
6. 50<sup>th</sup> State Marathon
7. All Continents Marathons
8. Pine Valley Golf
9. Rim2Rim2Rim
10. Indoor Skydive
11. Attend Boxing Match
12. Bikram hot yoga
13. AcroYoga
14. Shear a sheep
15. Visit Hoover Dam
16. Several photo books

H. Household

1. House improvements/enhancements
2. Investment management review / 2x year

I. BALANCE / PERSONAL DEVELOPMENT

1. Books 30 per year
2. Movies 60 per year
3. Magazines 12 monthly
4. Manage / monitor sleep nights (3)

QTR	1	2	3	4	total	%
Biz	26	21	18	14	79	22%
Home	50	40	59	63	212	58%
Fun	14	30	15	15	74	20%
Total	90	91	92	92	365	

J. Footnotes: A few goals identified as (1) non-negotiable; (2) most difficult; (3) most important